



SEPTEMBER 2023 | VOLUME 22



Public Health

# WEST CALDWELL HEALTH DEPARTMENT

## SERVING WEST CALDWELL, NORTH CALDWELL & FAIRFIELD

### NAVIGATING SICK SEASON STARTING IN SEPTEMBER

FLU AND COVID-19 VIRUSES TYPICALLY CIRCULATE DURING THE FALL AND WINTER MONTHS. HERE ARE SOME SIMILARITIES AND DIFFERENCES BETWEEN THE TWO:

[HTTPS://WWW.CDC.GOV/FLU/SYMPTOMS/FLU-VS-COVID19.HTM](https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm)

WITH THE INCREASED RISK OF RSV IN INFANTS/YOUNG CHILDREN IN SCHOOLS AND CHILDCARE CENTERS, IT IS CRUCIAL TO STAY IN THE KNOW. READ ABOUT THIS INFECTION HERE: [HTTPS://WWW.CDC.GOV/RSV/HIGH-RISK/INFANTS-YOUNG-CHILDREN.HTML](https://www.cdc.gov/rsv/high-risk/infants-young-children.html)

RSV SEASON IN MOST REGIONS OF THE U.S. STARTS IN THE FALL AND PEAKS IN WINTER. IF YOU ARE AT HIGH RISK FOR SEVERE RSV INFECTION, OR IF YOU INTERACT WITH AN OLDER ADULT, YOU SHOULD TAKE EXTRA CARE TO KEEP THEM HEALTHY. LEARN MORE HERE:

[HTTPS://WWW.CDC.GOV/RSV/HIGH-RISK/OLDER-ADULTS.HTML](https://www.cdc.gov/rsv/high-risk/older-adults.html)

HANDWASHING IS ONE OF THE BEST WAYS TO PROTECT YOURSELF AND YOUR FAMILY FROM GETTING SICK. CLICK THE LINK BELOW TO LEARN HOW WE SHOULD WASH OUR HANDS TO STAY HEALTHY.

[HTTPS://WWW.CDC.GOV/HANDWASHING/WHEN-HOW-HANDWASHING.HTML](https://www.cdc.gov/handwashing/when-how-handwashing.html)

ADULTS NEED VACCINES TOO! THEY ARE RECOMMENDED FOR ADULTS BASED ON AGE, HEALTH CONDITIONS, JOBS AND OTHER FACTORS. ANSWER A FEW QUICK QUESTIONS TO FIND OUT WHICH VACCINES YOU MAY NEED BY CLICKING THE LINK BELOW.

[HTTPS://WWW2.CDC.GOV/NIP/ADULTIMMSCHED/](https://www2.cdc.gov/nip/adultimmsched/)



### EMERGENCY ACTION PLAN

WITH NATIONAL PREPAREDNESS MONTH UNDERWAY, IT IS CRUCIAL TO RAISE AWARENESS ABOUT PREPARING FOR DISASTERS AND EMERGENCIES.

AS WE ENTER THE HURRICANE SEASON, WE MUST PREPARE OURSELVES AND OUR FAMILIES. HERE ARE SOME STEPS TO TAKE: [HTTPS://WWW.FEMA.GOV/BLOG/HOW-PREPARE-HURRICANE-SEASON](https://www.fema.gov/blog/how-prepare-hurricane-season)

ENSURING THAT YOUR PET IS ALSO PREPARED FOR A DISASTER IS ONE VITAL STEP IN YOUR DISASTER PREPAREDNESS. CLICK THE FOLLOWING LINK TO SEE IF YOU ARE "PETPARED":

[HTTPS://WWW.FEMA.GOV/FACT-SHEET/ARE-YOU-PETPARED-DISASTERS](https://www.fema.gov/fact-sheet/are-you-petpared-disasters)

**SAFETY  
FIRST**

## OH BABY!

BABY SAFETY MONTH IS AN ANNUAL OBSERVANCE HELD IN SEPTEMBER. THIS CAMPAIGN AIMS TO EDUCATE PARENTS, CAREGIVERS AND THE PUBLIC ABOUT VARIOUS ASPECTS OF BABY SAFETY, INCLUDING SAFE SLEEP PRACTICES, CHILDPROOFING HOMES, PREVENTING ACCIDENTS AND INJURIES, AND CHOOSING SAFE PRODUCTS FOR BABIES. CLICK THE LINK BELOW FOR INFORMATION ON SAFETY IN THE HOME AND COMMUNITY FOR PARENTS WITH INFANTS/TODDLERS (AGES 0-3).

[HTTPS://WWW.CDC.GOV/PARENTS/INFANTS/SAFETY.HTML](https://www.cdc.gov/parents/infants/safety.html)

NORTHERN NJ SAFE KIDS/SAFE COMMUNITIES PROVIDES FREE CAR SEAT INSPECTIONS BY CERTIFIED CAR SEAT TECHNICIANS. PARENTS AND CAREGIVERS ARE HIGHLY ENCOURAGED TO TAKE AN ACTIVE ROLE IN THE INSPECTION OF CAR SEATS.

CLICK THE LINK BELOW FOR A LIST OF LOCAL CAR INSPECTION STATIONS.

[HTTPS://WWW.PREVENTIONWORKS-NJ.ORG/CAR-SEAT-INSPECTION-STATIONS](https://www.preventionworks-nj.org/car-seat-inspection-stations)



## FOOD SAFETY EDUCATION AWARENESS

SEPTEMBER IS NATIONAL FOOD SAFETY EDUCATION MONTH. LET'S COMMIT TO HANDLING FOOD SAFELY AT HOME AND BUILDING SAFE RECIPES! LEARN HOW TO ACHIEVE THIS HERE: [HTTPS://WWW.FIGHTBAC.ORG/NFSEM/](https://www.fightbac.org/nfsem/)

ANYONE CAN GET FOOD POISONING (ALSO CALLED FOODBORNE ILLNESS). THE FOLLOWING GROUPS ARE MORE LIKELY TO GET SICK AND TO HAVE A MORE SERIOUS ILLNESS: [HTTPS://WWW.CDC.GOV/FOODSAFETY/PDFS/FOOD-POISONING-PROTECT-YOURSELF-H.PDF](https://www.cdc.gov/foodsafety/pdfs/food-poisoning-protect-yourself-h.pdf)



## BACK TO SCHOOL & THE IMPORTANCE OF MENTAL HEALTH

IN ORDER TO HELP OUR CHILDREN'S TIRED BRAINS, IT IS CRUCIAL FOR THEM TO TAKE TIME EACH DAY TO RELAX AND FOCUS. MEDITATION OFFERS THIS BREAK AND PROVIDES ALL AGES WITH IMPROVED HEALTH AND WELLBEING. READ MORE ON THIS TOPIC FROM THE AMERICAN ACADEMY OF PEDIATRICS (AAP) BY CLICKING THE LINK BELOW.

[HTTPS://WWW.HEALTHYCHILDREN.ORG/ENGLISH/HEALTHY-LIVING/EMOTIONAL-WELLNESS/PAGES/JUST-BREATHE-THE-IMPORTANCE-OF-MEDITATION-BREAKS-FOR-KIDS.ASPX](https://www.healthychildren.org/english/healthy-living/emotional-wellness/pages/just-breathe-the-importance-of-meditation-breaks-for-kids.aspx)

OVERWHELMED AND/OR STRUGGLING? TAKE A MENTAL HEALTH TEST BY CLICKING THE LINK BELOW.

[HTTPS://SCREENING.MHANATIONAL.ORG/SCREENING-TOOLS/](https://screening.mhanational.org/screening-tools/)

